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Psychological and Physiological Ramifications of Inadequate Pain Management for the Pediatric Population: Influences of Professional Nursing Preparation

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Psychological and Physiological Ramifications of Inadequate Pain Management for the Pediatric Population: Influences of professional nursing preparation

**Genica-Jade Cruz Ocampo
Honors Senior Thesis**

Introduction

Pain

- Personal sensation physical agony caused by injury or disease
- Individualized: pain perception, tolerance, situation, values, culture, *age*

Nursing

- Nursing practice has a critical and professional responsibility in pain management
- “Pain is whatever the experiencing person says it is, existing whenever he says it does,” (Margo McCafferey, 1968)

Management

- Pain is unresolved or prolonged, it becomes not just a bothersome experience, but can impact an individual's health



Problem Statement

- **Children and Pain**
- *Inadequate pain control early in life has permanent detrimental effects on social and physical development, future pain experiences, and family processes (IASP, 2005)*
- **Lack of knowledge** of pediatric pain management
- **Nursing profession and inadequate pediatric pain management**



Research Questions

1. What determinants of professional nursing preparation influence effective pain management for the pediatric population?
2. How do nurses describe their education or professional development of effective pain management concerning the psychological and physiological aspects of undermanaged pain?

Literature Review

- **10 articles over a 10 year span**
- *Factors that affect the ability to provide adequate pain management:*
 - ***Patient characteristics and perspectives***
 - ***Pharmacological and non-pharmacological interventions***
 - ***Reassessment, intervention, and a multidimensional approach***
 - ***Nurses' attitudes, knowledge, and beliefs***



Theoretical Framework

Jean Watson's Nursing Theory of Human Caring

- Compassionate optimal care for human body, mind, and emotions
- Holistic health
- Pediatric pain management
- Nursing professional responsibility

*“The science of caring naturally
coexist with curing”*

Methods

Research Design

- Pilot Study
- Qualitative and Non-experimental Descriptive Design

Sampling

- Convenience and snowball sampling
- **n = 18**

Validity

- Instrument approval: 2 qualified nurses with doctoral degrees
- IRB Approval Dominican University

Sample Population

- Pediatric nurses in the Bay Area from multiple clinical settings.
 - Tamalpais Pediatrics Clinic
 - My Friends Pediatric Day Healthcare Center
 - Rho Alpha Chapter STT
 - Northern California Chapter of Society of Pediatric Nursing
 - Nurses known to researcher in community

Survey Instrument

APPENDIX C
INSTRUMENT



Professional Nursing Preparation and Pediatric Pain Management Survey

Demographics

- Age (circle one): 26-30 31-50 51-65 over 65
- Gender: Male Female Do not wish to disclose

Highest Degree of Education: _____

Current Employment Position: _____

National Certifications: _____

Type of Unit/Clinical setting of Employment: _____

Part Time or Full Time Status: _____

Number of Years Employed as a Nurse: _____

Number of Years Employed as a Pediatric Nurse: _____

Please FILL in the following selections below, strongly agree, agree, neutral, disagree, or strongly disagree for each of the following questions:

1. My nursing education has effectively prepared me to manage pain in the pediatric population.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	<input type="radio"/>				
What were the top three most important pain management topics or pointers that you learned?	1. _____				
	2. _____				
	3. _____				

What have should have been included in your nursing education about pediatric pain management that was not included?	_____				
In your nursing education, did you learn about psychological aspects of inadequate pain management?	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	<input type="radio"/>				
2. Does your nursing education and or nursing administration offer you professional development in the area of effective pediatric pain management?	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	<input type="radio"/>				
If yes, describe the professional development activity.	_____				
Do you feel that your on-going professional development has included the psychological and physiological aspects of inadequate pain management for children?	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	<input type="radio"/>				
3. I believe that pain management in the pediatric population remains inadequate.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	<input type="radio"/>				
Please describe three areas that contribute to inadequate pediatric pain management.	1. _____				
	2. _____				

	3. _____				
4. I believe that more continued educational measures are needed to support pain management in the pediatric population.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	<input type="radio"/>				
Please give three topics for further educational offerings.	1. _____				
	2. _____				
	3. _____				
5. I believe that my knowledge as a nurse is satisfactory to support pediatric pain management.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	<input type="radio"/>				
6. I believe that my self-efficacy as a nurse is satisfactory to support pediatric pain management.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	<input type="radio"/>				

Thank you gratefully for your participation!

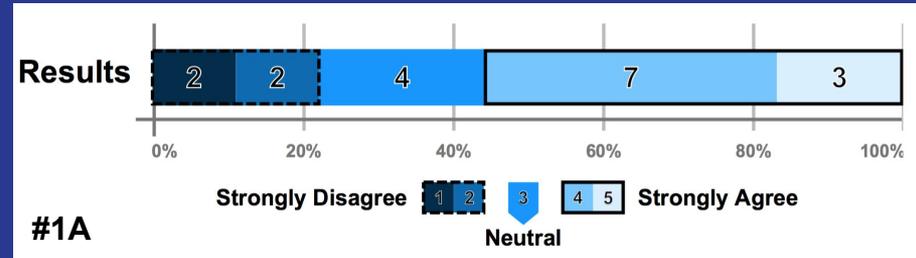
Findings

1A. My nursing education has effectively prepared me to manage pain in the pediatric population.

1B. What were the top three most important pain management topics or pointers that you learned?

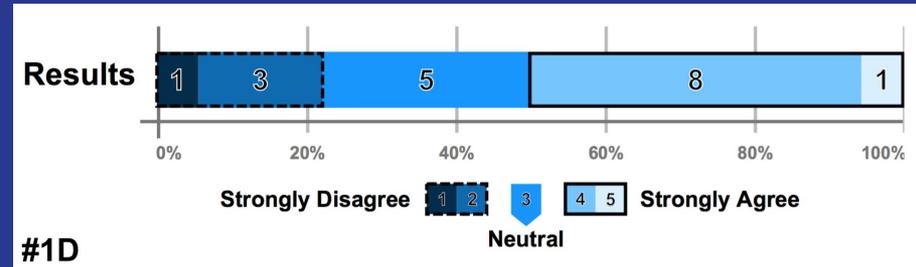
1C. What have should have been included in your nursing education about pediatric pain management that was not included?

1D. In your nursing education, did you learn about psychological aspects of inadequate pain management?



1B. Different pain scales, non-verbal cues, developmental stages, VS, distraction, medications

1C. Parent/family involvement, alternative treatments, pain characteristics of specific age groups

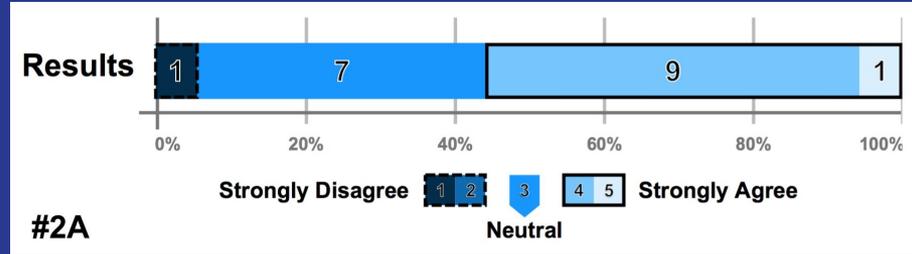


Findings

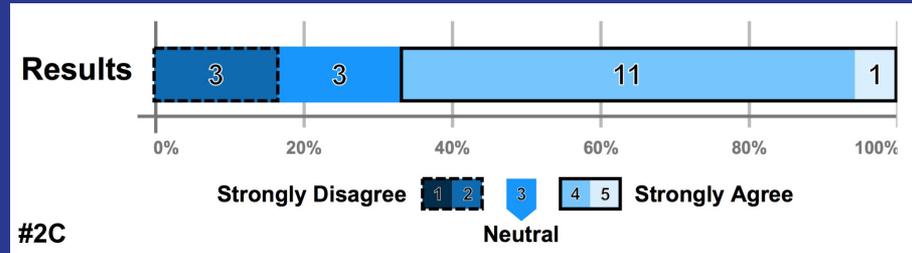
2A. Does your nursing education and or nursing administration offer you professional development in the area of effective pediatric pain management?

2B. If yes, describe the professional development activity.

2C. Do you feel that your on-going professional development has included the psychological and physiological aspects of inadequate pain management for children?

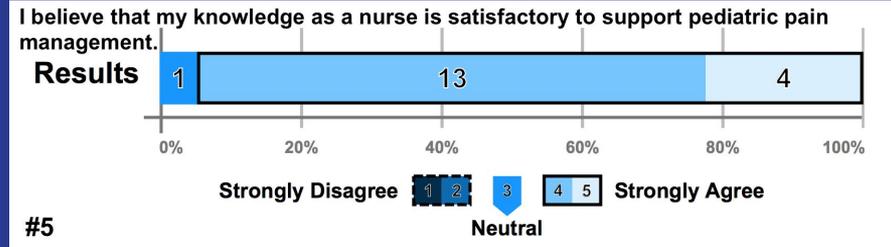


2B. Inservices, annual competencies, CEUs, workshops, training sessions



Findings

5. I believe that my knowledge as a nurse is satisfactory to support pediatric pain management.



Summary

- **Nursing Education and Professional Development**
- *How nurses see inadequate pediatric pain management today?*
- **Factors of inadequate pain management:**
 - *Lack of communication and consensus with **staff, patient, family***
- ***Additional educational resources***
- ***Nurse Knowledge and Self-Efficacy***





***Thank you gratefully for attending
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